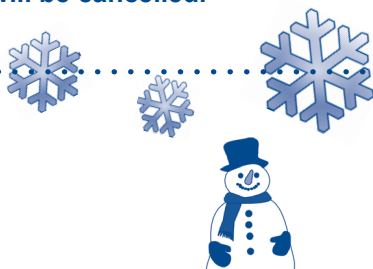




Weather Policy

- If county public schools are closed for the day, all groups and classes for that day will be cancelled.
- If schools open on a 2-hour delay, groups and classes will go on as scheduled.
- If schools close early, all evening groups and classes will be cancelled.



HIGHLIGHTS

37th Annual San Antonio Breast Cancer Update FC, Thu, Feb 19, 6:30-8pm

Oncologist Anne Favret, MD, will present breaking news from the 37th Annual San Antonio Breast Cancer Symposium, the largest international scientific symposium. Learn about the latest advances in chemotherapy, hormonal therapies and targeted therapies, radiation, surgery and managing side effects. Light refreshments; please register by Feb 17.

Ask the Expert: Peripheral Neuropathy FO 3580-CR, Wed, Feb 18, 5-6pm

Numbness, sensitivities, and tingling are some of the symptoms one feels with peripheral neuropathy - a side effect of some cancers and several chemo therapeutic agents. Occupational Therapist, Sharon Gaskin, MS, ORT/ LT will describe what it is, how it occurs, and what approaches you can take to minimize and/or manage these neurological side effects.

Elements of Mind-Body: Exploring Techniques to Reduce Distress, Ease Pain and Promote Wellness FC, Tue, Feb 10, 17, 24, and Mar 3, 1-2:30pm

During this four-week series you will learn about the stress response, breathwork, mindful eating and biofeedback, guided imagery, body scans, progressive muscle relaxation and more. Attend one or attend all but please register. Facilitators: Drucilla Brethwaite, LCSW, OSW-C and Micheline Toussaint, LCSW, RYT.

Look Good...Feel Better FC, Mon, Feb 23, 7-9pm

A professional cosmetologist will teach women how to manage appearance-related side effects of chemotherapy, radiation and other forms of treatment. First time registrants will receive a makeup kit. Family members/friends should not register. Co-sponsored with American Cancer Society, National.

Cosmetology Association and Personal Care Products Council.

Seminars for Survivors in Transition FC, Thu, Feb 26, 6:30-8:30pm

Join this fourth session of a series of monthly sessions to help guide you in regaining balance in your life as a survivor. Susan Gilmore, MS and Paula Levinson, PT, OCS, CLT will present "Fitness for Better Health and the Benefits of Physical Therapy Post Treatment". Please register by Feb 24.

Good Grief FC, Tue, Feb 3-Mar 17, 7:15-9pm

Group continues for those already registered. For information on the next group or to arrange individual bereavement counseling please contact David McGinness, MSW, LCSW, 703.698.2529 david.mcginness@inova.org.

Orientation to Life with Cancer

FC, Thu, Feb 12, 11:30am-12:30pm

FC, Thu, Feb 26, 6-7pm

Want to learn more about Life with Cancer? Take a tour of our Family Center and learn about our many programs, classes, groups and services for children and adults. Please register by preceding day. Can't make a scheduled orientation...just call Life with Cancer Connect 703.206-LIFE (5433) and arrange a personal tour.

About Life with Cancer®

Life with Cancer programs and services are offered throughout Northern Virginia. Our main facility is the Dewberry Life with Cancer Family Center; a home-like setting where people can come together to learn, share and find solutions to the questions that arise when one is diagnosed with cancer. Our staff is made up of experienced oncology nurses and social workers. Our programs and services (except massage) are FREE thanks to generous community support. Any one affected by cancer, including family members, may participate, regardless of where they live or receive treatment.

Class Registration Information

- All classes are free, but registration is required unless otherwise specified.
- Register at www.lifewithcancer.org and click on the calendar and class registration page, unless otherwise specified.
- Can't make it to a class or appointment? Please let us know; email maria.rodriguez@inova.org or call 703.698.2526.

SUPPORT/EDUCATION GROUPS

Location Key:

44084 RP:	44084 Riverside Parkway, Ste 400, Lower Level, Leesburg, VA, 20176
CUMC-1:	Christ United Methodist Church, Trailer 6, 8285 Glen Eagles Lane, Fairfax Station, VA, 22039
FC:	Life with Cancer Family Center, Children's Classroom, Life with Cancer Family Center, 8411, Fairfax, VA, 22031-4505
FO-3580:	Inova Fair Oaks Radiation Oncology Center, 3580 Joseph Siewick Drive, Fairfax, VA 22033
IAH-CCC:	Inova Alexandria Hospital-Cancer Center Conference Room, 4320 Seminary Road, Alexandria, VA 22304
IAH-CCW:	Inova Alexandria Hospital Cancer Center Waiting Room, 4320 Seminary Road, Alexandria, VA, 22304
IFHC:	Inova Fairfax Hospital for Children- Radiation Oncology Conference Rm., 3300 Gallows Road, Falls Church, VA, 22042
IFOH-1:	Inova Fair Oaks Hospital- Conference Room 1, 3600 Joseph Siewick Drive, Fairfax, VA 22033
ILH-R :	Inova Loudoun Hospital- Radiation Oncology Center, 44035 Riverside Parkway, Ste. 100, Leesburg, VA, 20176
ILPO-I:	Inova Loudoun Physicians Offices I, 44055 Riverside Parkway, SUITE 210, Leesburg, VA, 20176
IMVH-CC:	Inova Mount Vernon Hospital, 2nd Floor, Conf. Rm C., 2501 Parker's Lane, Alexandria, VA, 22306
LCSC:	Loudoun County Senior Center, 21060 Whitfield Place, Sterling, VA, 20165

Blood Cancers Group FC, Thu, Feb 12, 7-8:30pm

This group is for individuals with leukemia or lymphoma and their support people. February will be an open discussion meeting. Co-sponsored with the Leukemia and Lymphoma Society and Lymphoma Research Foundation. Facilitators: Drucilla Brethwaite, MSW, LCSW, OSW-C and Lynn Magrum, MSN, CANP. Please register by preceding Tuesday. For more information contact, Drucilla at 703.698.2538 or drucilla.brethwaite@inova.org.

Brain Tumor Group - Fairfax FC, Tue, Feb 10, 6-7:30pm

This monthly meeting invites adult patients and family members to share and learn ways to meet the challenges of living with primary malignant or benign brain tumors. Facilitators: Vera Hirshman, RN, and Micheline Toussaint, LCSW.

Brain Tumor Support Group - Loudoun ILH-R, Tue, Feb 17, 5:30-7pm

This monthly meeting invites adult patients and family members to share and learn ways to meet the challenges of living with primary malignant or benign brain tumors. Facilitators: Neurological Care Nurse, Vera Hirshman, RN, and an Oncology Social Worker.

Carcinoid Cancer Group FC, Sat, Feb 14, 10am-12pm

Meet with other carcinoid cancer patients and their adult loved ones to share experiences and learn from one another in this patient-led monthly meeting. For more information email mitchmberger@msn.com.

Caregiver Connection - Fairfax FC, Mon, Feb 9, 7-8:30pm

Meet for ongoing support in dealing with the challenges of caring for a loved one with cancer. Learn coping strategies and information related to cancer and its treatments. Please register by preceding Friday. Facilitator: Drucilla Brethwaite, LCSW, OSW-C.

Caregiver Connection - Loudoun ILH-R, Mon, Feb 9, 6:30-8pm

Meet for ongoing support in dealing with the challenges of caring for a loved one with cancer. Learn coping strategies and information related to cancer and its

treatments. If attending for the first time, please call 703-858-8466. Please register by preceding Friday. Facilitators: Gill Phillips, MSW and Molly Kiesel, RN, BSN, CPHON.

Cutaneous Lymphoma Support Group FC, Sat, Feb 14, 10am-12pm

Individuals with all forms and stages of cutaneous lymphoma, and their support partners, are welcome to attend our monthly meetings to connect with and learn from others who share this disease.

GYN Cancers Support Group - Fairfax FC, Rm A, Wed, Feb 25, 5:30-8pm

Women diagnosed with cervical, ovarian, uterine/endometrial, vaginal, and vulvar cancers are invited to drop in, share experiences and learn from one another in this monthly support group. Facilitators: Micheline Toussaint, LCSW, RYT and Marcy Osterhaus, RN, MS, OCN.

GYN Cancer Support Group - FairOaks FO 3580-CR, Wed, Feb 18, 6:30-8pm

Women diagnosed with or who have had treatment for a ovarian, cervical, endometrial, vaginal and vulvar cancers are invited to join with others in a supportive environment to gather information and learn how to best navigate survivorship. Facilitated by Maureen Broderick, LCSW and Molly Kiesel, RN, BSN OCN.

Head and Neck Cancers Group IFHC, Wed, Feb 11, 5:30-7pm

Current and former head and neck cancer patients and their significant others are invited to learn from and connect with one another. Facilitator: Corinne Cook, LCSW, and a Radiation Oncology team member. Questions? Contact corinne.cook@inova.org.

Living with Advanced Disease IFOH-1, Fri, Feb 13 & 27, 12-1:30pm

This group welcomes people who are exploring ways to learn to live with advanced cancer and the many questions and life decisions that come along with the diagnosis. Feel free to bring your lunch and join others who can support you on this road. Facilitators: Karen Archer, MSW and Molly Kiesel, RN, BSN, CPHON. Please register.

Lung Cancer Group Meeting - Fairfax

FC, Wed, Feb 4, 6:30-8pm

Join other patients, survivors, family members and friends to discuss the challenges of living with lung cancer and its treatments. Facilitators: Carrie Friedman, RN, BS, OCN and David McGinness, LCSW.

Lung Cancer Support Group - Loudoun

ILPO-I, Mon, Feb 16, 6:30-8pm

Join other patients and family members for ongoing support and education while coping with all aspects of lung cancer. Learn, discuss and gain support from others who understand the concerns and challenges you face. Facilitated by Saundra Weller LCSW, OSW-C and Oncology RN. Registration is requested if attending for the first time.

Melanoma Group

FC, Thu, Feb 5, 6:30-8pm

This group meets quarterly and is sponsored by the Ashley Fister Cole Foundation with light refreshments provided. Topic: "Introduction to Mindfulness Focused Stress Reduction" by co-facilitator David McGinness, LCSW. Please register online by Monday, Feb 2.

Multiple Myeloma Group Meeting

FC, Tue, Feb 17, 11:45am-1:30pm

Patients and families are invited to join group facilitators Drucilla Brethwaite, LCSW, OSW-C and Susan Carlson, RN, to get together to discuss and share the challenges of living with multiple myeloma. Co-sponsored with Leukemia & Lymphoma Society. Light lunch, so please register.

Prostate Cancer Support Group - Fairfax

FC, Tue, Feb 10, 7:30-9pm

Join us on the second Tuesday of the month. This month's meeting will feature a "Report on the 2014 Prostate Cancer National Conference" with survivors Jim Waldenfels and Paul Joseph Taylor.

Prostate Cancer Support Group - Alexandria

IAH-CCW, Thu, Feb 19, 6-7:30pm

Meet with others to share experiences and to learn from one another in these monthly meetings. Facilitator: David McGinness, LCSW, and Laura Harty, MSW.

Feeling a little overwhelmed? Life with Cancer can help...

• **A Life with Cancer Oncology Nurse Navigator** is a professional registered nurse with oncology-specific clinical knowledge who can offer individualized assistance to patients, families, and caregivers to help overcome healthcare system barriers by providing education and identifying resources to facilitate informed decision making and timely access to quality health care.

• **A Life with Cancer Oncology Therapist** is a licensed professional with oncology-specific knowledge who can offer short-term individual, couple or family counseling to provide strategies to better manage anxiety, stress, communication, and problem solving related to a cancer diagnosis, as well as bereavement counseling.

• To determine if you or your family might benefit from these professionals, just call

• **Life with Cancer Connect 703-206-LIFE (5433).**

Prostate Cancer Support Group - Loudoun

LCSC, Tue, Feb 10, 6-8pm

This month's meeting will feature a short presentation by Dr. Kanani, Radiation Oncologist from Inova, on the pros & cons of "Cyber Knife" for treatment of Prostate Cancer. There will also be time for sharing and caring to close out the meeting.

Women's Survivorship Group

ILH-R, Thu, Feb 12, 6:30-8pm

For women who have completed treatment (surgery, chemotherapy & radiation) and are navigating new territory, please join us as we help you to define your new normal. Please register if attending for the first time. Questions? Call Saundra Weller, LCSW, OSW-C, 703-858-8466.

Young Adult Group

FC, Thu, Feb 26, 7:30-9pm

This is not your grandmother's support group. We talk about the things that no one else wants to talk about: dating, employment, fertility, and anything else that affects people in the 18-39 age range. Facilitators: Sage Bolte, PhD, LCSW, OSW-C and Ray Wadlow, MD. Please register.

*"When I think of Life with Cancer, I think of a strong support group that helps family and friends get many of their questions answered. The people here are so friendly, warm and genuine that they make a very difficult and confusing time less stressful. The staff are always there to help."
- A Grateful Patient*

BREAST CANCER

37th Annual San Antonio Breast Cancer Update

FC, Thu, Feb 19, 6:30-8pm

Oncologist Anne Favret, MD, will present breaking news from the 37th Annual San Antonio Breast Cancer Symposium, the largest international scientific symposium. Learn about the latest advances in chemotherapy, hormonal therapies and targeted therapies, radiation, surgery and managing side effects. Light refreshments; please register by Feb 17.

Advanced Breast Cancer Support Group

ILH-R, Mon, Feb 23, 6:30-8pm

For those who have had a recurrence or have metastatic breast cancer. please register if attending for the first time. Note: Date change due to Christmas Holiday.

Breast Cancer Support Group-Falls Church

IFHC, Wed, Feb 4 & 18, 5:30-7pm

Learn, discuss and gain support from others who understand the concerns and challenges you face. Meets on first and third Wednesdays of the month. Co-facilitators: Corinne Cook, LCSW, OSW-C and Marsha Komandt, RN, BSN, OCN.

Breast Cancer Support and Education

IMVH-CC, Wed, Feb 11, 6-8pm

Current and former breast cancer patients and survivors are invited to meet with Dr. David Weintritt, Nurse Navigator Michele Reddick, RN, BSN, and social worker Laura Harty, MSW. Breast cancer patients and survivors to learn, share and discuss ways of meeting the challenges of breast cancer. Please register.

Breast Cancer Support Group - Fair Oaks

FO 3580, Wed, Feb 11, 5:30-7pm

This support and education group, for women diagnosed with an early stage breast cancer within the past three years, will provide a supportive environment to meet with others, gather information and learn how to best navigate survivorship. Facilitated by oncology nurse navigator, Gale Towery, RN, BSN, OCN and social worker Shereena Rodney. Please register AND if it is your first time attending, please call Gale Towery at 703-391-4673.

Breast Cancer Support Group - Loudoun

ILH-R, Mon, Feb 23, 5-6:30pm

For women newly diagnosed, making decisions about treatment, those in treatment and those finished with treatment. Please register if attending for the first time.

Breast Cancer Surgery Preparation FO 3580, Wed, Feb 4 & 18, 12-1:30pm

A Breast Care Navigator will explain everything you need to know before, during and after breast cancer surgery: sentinel node biopsy, your hospital stay, how to manage drains, dressings and discomfort; practical tips for bathing, sleeping and moving comfortably; prostheses, undergarments and more. Lots of information; bring a friend or relative. To register call Gale Towery, RN, BSN, OCN, CBCN at 703-391-4673

Coalesce: An Advanced Breast Cancer Group

FC, Fri, Feb 6-27, call for time

This group is for women of all ages, with advanced breast cancer. Meet weekly in a closed support group to share life's joys and sorrows. Facilitator: Shara Sosa, LCSW. Prior screening is required; please call 703.698.2522.

Yoga for Breast Cancer Survivors

FC, Tue, Feb 3 & 10, 5:30-6:45pm

Class continues for those already registered.

Yoga for Breast Cancer Survivors

FC, Tue, Feb 17-Mar 24, 5:30-6:45pm

In this six-week series, Catherine Syron, RYT, will teach yoga poses for Breast Cancer patients/survivors. Wear comfortable, loose clothing. Registration is required by Feb. 13. Bring completed waiver (available online) to first class. Physician approval is required if you have had surgery within six weeks.

Young Women with Breast Cancer - Fairfax

FC, Tue, Feb 17, 6:30-8pm

Women in their 20s, 30s and 40s with non-metastatic breast cancer are invited to meet with others in a supportive environment to gather information and learn how to best navigate survivorship. Facilitators: Shara Sosa, LCSW and Miranda Gingerich, RN, BSN, OCN. If attending for the first time, please call 703.698.2522.

Young Women with Breast Cancer - Alexandria

IAH-CCW, Tue, Feb 10, 6:30-8pm

Women in their 20s, 30s and 40s with non-metastatic breast cancer are invited to meet with others in a supportive environment to gather information and learn how to best navigate survivorship. Facilitators: Shara Sosa, LCSW and Laura Harty, LCSW. If attending for the first time, please call 703.504.7921.

EXPRESSIVE ARTS

Art for Wellness and Growth

FC, Thu, Feb 19, 1-4pm

FC, Fri, Feb 20, 12-3pm

Explore your creativity using art for wellness, insight and personal growth. Artistic ability is NOT necessary- just a willingness to explore, have some fun and be part of a supportive, creative community. Please register ASAP. Art therapist: Jean McCaw, MA, ATR-BC.

Art for Wellness

ILPO-I, Fri, Feb 13, 12-2pm

Explore your creativity, using art for wellness, insight, and personal growth. Artistic ability is NOT necessary - just a willingness to explore, have some fun and be part of a supportive, creative community. Art Therapist, Sarah Huffman, MA. Registration required.

Knitting and Crocheting Circle

FC, Tue, Feb 3, 7-8:30pm

FC, Fri, Feb 20, 1-2:30pm

Past, new, experienced and inexperienced participants are welcome to join us monthly on the first Tuesday and/or third Friday. Work on your own project or one to donate. All supplies will be provided. Facilitator: Carolyn Sam, M.Ed. Please register.

Arte Para Salud y Crecimiento

FC, Jueves, 19 de Febrero, 1-4pm

Una nueva oportunidad - Explorar su creatividad utilizando arte para salud, una nueva percepción y crecimiento personal. No se necesita experiencia artística - solo tiene que estar dispuesto a explorar, divertirse y ser parte de una comunidad de apoyo y creatividad. Dirigida por terapeuta de arte, Jean McCaw, MA, ATR-BC. Este grupo es solo para adultos. Requiere registrarse; llamar a Débora Haynes al 703-698-2539.

Aprendiendo Juntos

FC, lunes, 23 de febrero, 7-8:30pm

¡Nuevo Grupo! Taller educativo con el enfoque en enseñar herramientas y compartir información útil para sobrevivientes y cuidadores. Registración mandatorio. Para más información, llamar a Débora Haynes al 703.698.2539. ¡Nuevo Grupo! Taller educativo con el enfoque en enseñar herramientas y compartir información útil para sobrevivientes y cuidadores. Registración mandatorio. Para más información, llamar a Débora Haynes al 703-698-2539.

Zumba

FC, Martes, 3-24 de Febrero, 7-8pm

Zumba es una fusión de ritmos latinos y pasos fáciles de seguir. Nuestro objetivo es simple: Queremos que haga ejercicio, y que lo disfrute. Incorpora rutinas de ritmos rápidos y lentos con ejercicios de resistencia, con esta combinación que tonifica el cuerpo, y sistema cardiovascular. Agregando un poco de sabor Latino y entusiasmo en esta mezcla ayudan a levantar el ánimo, y bienestar en general. Para más información, llamar a David McGinness al 703-698-2529.

Life with Cancer en Español

NUEVA GRUPO!



Words for Healing: Writing, Word Art and Journal Making IAH-CCC, Tue, Feb 24, 6-8pm

This class is all about tapping into your inner voice for creative self-expression through writing, word art and journal making. No writing or artistic ability is required, just a willingness to explore your creative self in a supportive environment. Facilitators: Cancer Survivor and Writer Michelle Berberet, MCRP, and Christine Makris. Limited space, please register.



Writing Your Memoirs and Life Stories

FC, Thu, Feb 19, 3-4:30pm

Monthly meeting for those who completed previous 4 week series, giving you the opportunity to remember and capture some of your favorite memories in writing. Facilitator: Lynn Magrum, MSN, CANP. Please register, ASAP.

FITNESS

Dancing to Wellness

FC, Wed, Feb 11, 7-8:30pm

Music and dance are therapeutic, provide great exercise and fun for singles and couples. Group members vote for the evening theme for dances ranging from waltz to blues, swing to salsa, Argentine tango to merengue. Dance technique customized person by person or couple. Marc Shepanek, dance teacher, performer and cancer survivor, makes it easy and fun. Please register by preceding Monday.

Fitness for Wellness

44084 RP, Mon, Feb 2-Mar 23, 10:30-11:30am

44084 RP, Fri, Feb 6-Mar 27, 10:30-11:30am

This class can help to increase endurance, range of motion, flexibility, balance, energy level, muscle strength and reduce stress. Come to Mon and/or Fri class, but please register separately. Dress comfortably. Attendance for all classes is encouraged.

Level I – IV Exercise Classes are taught by ACSM certified Cancer Exercise Trainer, Susan Gilmore. For more information you may contact her at susan.gilmore@inova.org. Registration and Waiver forms (available online) are required.

Level I Exercise: Launching into Fitness

FC, Tue, Feb 17-Mar 10, 1-1:45pm

This class is a requirement for those who are new to LWC's Level II-IV Exercise Program. It will help to assess your fitness level and improve strength, flexibility and stamina. Attendance in at least two classes is required before progressing to Level II. NO new registrants after Feb 24.

Level II Exercise: Chair-Based

FC, Mon, Feb 2, 9 & 23*, 2-2:45pm

FC, Wed, Feb 4-25, 2-2:45pm

*No class February 16. LEVEL I EXERCISE IS A PREREQUISITE. This series can help to increase heart rate, range of motion, flexibility and tone and strengthen muscles. Attend EITHER or BOTH Monday and Wednesdays sessions, but REGISTER SEPARATELY.

Level III Exercise: Keeping Fit

FC, Mon, Jan 12-Feb 2-23*, 3-4pm

*No class 1/19 & 2/16. LEVELS I & II ARE PREREQUISITES. This series offers a combination of standing and floor exercises. Level II participants may progress to this class, but must register.

Level IV Exercise: Fitness Fusion

FC, Wed, Jan 14- Feb 25, 3-4pm

LEVELS I, II, III ARE PREREQUISITES. This series offers a sampling of more intensive exercise modalities including dance aerobics, interval, resistance and core training. Level III participants may progress to Level IV but must register.

Mindfulness and Core Strengthening

FO 3580-D, Fri, Feb 6-27, 1:30-2:30pm

This class incorporates elements of Yoga, Tai Chi and Pilates. Potential benefits include improved strength, coordination, flexibility, better balance, reduced pain and stiffness, enhanced sleep and calmness. Registration is required. Attendance for all classes is encouraged. Dress comfortably and bring a water bottle. Instructor: Jackie Le.

Stronger Body after Cancer

FO 3580-D, Wed, Feb 4-25, 7-8pm

This exercise series can help survivors gain confidence in building back a stronger body. Use of bands, medicine balls and other low impact and body weight exercises will be used. Appropriate for all athletic capabilities. Attend each class for greatest benefit. Instructor: Schatem Boyd. Please register.

Zumba!

FC, Tue, Feb 3-24, 7-8pm

Please register under "Zumba-Bilingual". Zumba combines slow and fast rhythms with resistance training, while toning the body and cardiovascular system. Adding some Latin flavor and enthusiasm to the mix, it can help to lift your mood and improve your general sense of well-being.

MEDITATION, REIKI, YOGA

Evening Therapeutic Yoga with Vicki

44084 RP, Mon, Feb 2-Mar 23, 7-8:30pm

This class blends gentle movement, breathing and deep relaxation to release stress, calm the nervous system, strengthen your body, increase stamina and flexibility while helping you detoxify. Restore your body and emotional balance and connect with your inner healing forces. Bring a blanket for comfort. Registration is required.

Gentle Yoga with Jenn Fay

FC, Thu, Jan 15-Feb 12, 1-2pm

FC, Thu, Feb 19-Mar 19, 1-2pm

Learn movements to stretch, strengthen and relax muscles. Gentle yoga can be practiced while seated in a chair or on the floor. Space is limited; register ASAP. If full, preference given to new participants. Instructor: Certified Gentle Yoga instructor Jenn Fay, MA, RYT. Please register.



Laughter Yoga

FC, Thu, Feb 12, 2-3pm

Practiced while sitting in a chair, Laughter yoga is a combination of intentional, playful laughs and deep breathing exercises that provide the benefits of improved oxygen levels, lung capacity and reduced stress. Facilitator: Jenn Fay, MA, RYT. Please register.

Meditation and Guided Imagery with Micheline

FC, Wed, Feb 4-18, 3-4pm

Join us for a relaxing exploration of the power and benefits of meditation, a practice that can reduce stress and offer healing. Facilitator: Micheline Toussaint, LCSW, RYT. Come to any or all sessions, but please register by preceding day.

Meditation with Jenn Fay

FC, Thu, Feb 5, 19 and 26, 2-3pm

Join in a relaxing exploration of the power and benefits of meditation, facilitated by Jenn Fay, MA, RYT. Each weekly session begins with breathwork and a relaxation technique that leads into a guided meditation. Come to one or come to all, but please register by preceding day.

Reiki for Relaxation

FC, Mon, Feb 9, 4:30, 5:30 and 7pm

FC, Wed, Feb 25, 4:30, 5:30 and 7pm

Call 703-698-2526 to schedule your appointment and bring your own blanket! A certified Reiki practitioner will help you experience the benefits of this ancient practice involving the positioning of hands along the body to direct energy, release tension and discomfort, and enhance well-being. Dress comfortably. If you need to cancel your appointment, please let us know ASAP.

Reiki

ILH-R, Thu, Feb 26, 6:45-8pm

Rebalance and recharge your body's energy systems while relaxing to live harp music. Registration is required.

Director's Corner: Thank you for your generosity!

Here at Life with Cancer we see on a daily basis the amazing power and tremendous generosity of this community. Not only do you show up for us with your financial gifts, but your gifts of time and in donations for our families. This year three programs in particular provided several of our families with amazing holiday surprises.

- We Will Survive Cancer, led by Gayela Barnum & Lisa Spoden (wewillsurvive.org) brought great joy by fulfilling holiday wish lists for twenty of our families.
- The Flatley family opened a North Pole Gift Shop on the oncology unit at Inova Fairfax Hospital and provided a free holiday shopping spree to inpatients that otherwise would not be able to shop for their families.
- The Fairfax County Motor Squad delivered 24 children's bicycles (and helmets, of course), donated by a Fairfax County Defense Attorney, to give to our Life with Cancer community.

We were truly humbled at the number of gifts that were coordinated for each of these families. The smiles and laughter from all of the recipients of these gifts was palpable. What an honor it is to have you all part of the Life with Cancer community –

THANK YOU!

-Sage Bolte, PhD, LCSW, OSW-C

Restorative Yoga with Judi

FC, Fri, Feb 13-27, 10:15-11:30am

This practice is designed to balance the nervous system and release tension from the body and mind. Using bolsters, blocks, and blankets to support the body, students can easily melt into a pose. Gentle stretches, breath work and guided meditation are combined with poses to deepen your practice. Please bring a blanket or two. Please register separately for each class. Instructor: Judi Eskovitz, RYT.

Restorative Therapeutic Yoga with Ladan

44084 RP, Tue, Feb 3-Mar 24, 11am-12:30pm

Restorative yoga uses bolsters, blocks, and blankets to support the body so you can

easily melt into a pose. Gentle stretches, breath work and guided meditation are combined with restorative poses to deepen your practice. Please register.

Therapeutic Gentle Yoga with Ladan

44084 RP, Thu, Feb 5-Mar 26, 11am-12:30pm

This class blends gentle movement, breathing and deep relaxation to release stress, calm the nervous system, strengthen the body, increase stamina and flexibility while helping to detoxify. Restore physical and emotional balance and connect with your inner healing forces. Attend each class for greatest benefit. Registration is required.

Give A Little, Help A Lot

Yes, I understand that Life with Cancer is primarily community supported and I want to help!

I am enclosing the following gift:

\$250 \$100 \$50 Other _____

Name _____

Address _____ City _____ State _____ Zip _____

Phone # _____ Email _____

*Please send your tax-deductible contribution to:
Life with Cancer Family Center • 8411 Pennell Street • Fairfax, VA 22031*

NUTRITION

Fighting Cancer with a Fork - Three Locations

IAH-CCC, Wed, Feb 11, 1-2pm

FO, 3580-001, Tue, Feb 17, 12-1pm

FC, Wed, Feb 18, 5:30-6:30pm

Deb Rowland, RD, CSO, dietitian and certified specialist in oncology nutrition will provide an overview of nutritional recommendations for cancer patients and survivors. IAH Location ONLY: call 703.504.7923 to register. All other locations, register online.



SPIRITUALITY

Spiritual Support Group CUMC-1, Thu, Feb 26, 7-8:30pm

A faith-based support group for those newly diagnosed, in remission, or who have been dealing with cancer for some time; family members are welcome. Questions? Contact Dana Neese, Christ United Methodist Church, 703.690.3401.

Spirituality Quest

FC, Tue, Feb 10, 10:30am-12pm

Join us on the second Tuesdays of the month to explore our spiritual paths. This month's topic for discussion and sharing is "Finding Love in Our Lives". Facilitator: Marsha Komandt, RN, OCN.



CHILDREN, TEENS & PARENTS

Curious about Cancer

FC, Wed, Feb 4, 5:15-6:15pm

Group continues for those already registered. For more information on future groups contact Jenny Eckert, LCSW, Children's Program Coordinator at 703-698-2536 or jennifer.eckert@inova.org.

Pediatric Oncology Parent Night: Mother/Daughter Spa Night!

FC, Tue, Feb 24, 6-8:30pm

Please join us for our 4th annual Mother Daughter Spa Night for girls and teens in treatment and their mothers and sisters. Get glammed up with make-up, jewelry, nail polish, and "bling." Enjoy a relaxing dinner, spa treats, chair, hand and foot massages, swag bags, prizes, and more! Co-sponsored by DC Candlelighters. Please register with Connie Connor, LCSW at 703-531-1515, constance.connor@inova.org or with dccandlelighters@gmail.com.

Gift In-Kind Donations

Life with Cancer accepts gently used wigs, which we collect for refurbishing and redistribution by E-Beauty.com.

We cannot accept any other used items including books, CDs, or personal items.

New items may be accepted at our discretion.

Short-term Counseling Services at Life with Cancer

A cancer diagnosis can lead to concerns and fears about one's life, changes in body image, side effects of treatment and disruptions in life, work, and relationships. Family members may also experience their own unique set of concerns.

Short-term counseling can provide an opportunity to discuss the challenges that a cancer diagnosis may bring and to explore effective ways of coping. For more information about the free service, please call us at 703.206.5433.

Oncology Massage and Body Work

Life with Cancer Family Center
8411 Pennell Street
Fairfax, VA 22031
Monday – Friday

Life with Cancer Studio
44084 Riverside Pkwy, LL, Ste 400
Leesburg, VA 20176
Tuesdays and some Saturdays

- Appointments are for patients/survivors and their family members
- Physician approval is required; ask for written permission at your next appointment
- Call 703-698-2526 to schedule or cancel your appointment
- Arrive on time to get full session. First time: arrive 15 minutes early to complete paperwork; forms also available on www.lifewithcancer.org

Please Note: Our massage therapists have private practices and generously set aside time to meet the special needs of our Life with Cancer family. As a courtesy to these thoughtful professionals, please provide 24 hour notice if you need to cancel an appointment. We certainly understand the unpredictable nature of disease, however if committing to your massage appointments at Life with Cancer becomes problematic, we can refer you to massage businesses in the community.

FEBRUARY 2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI/SAT/SUN
				1
2 10:30am Fitness for Wellness (44084 RP) 2pm Level II Exercise: Chair-Based (FC) 3pm Level III Exercise: Keeping Fit (FC) 7pm Evening Yoga w/ Vicki (44084 RP)	3 11am Restorative Yoga w/Ladan (44084 RP) 5:30pm Yoga for Breast Cancer Survivors (FC) 7pm Zumba (FC) 7pm Knitting & Crocheting (FC) 7:15pm Good Grief, cont'd. (FC)	4 12pm Breast Cancer Surgery (FO 3580-001) 2pm Level II Exercise: Chair-Based(FC) 3pm Meditation & Guided Imagery w/ Micheline (FC) 3pm Level IV Exercise: Fitness Fusion (FC) 5:15pm Curious about Cancer (FC) 5:30pm Breast Cancer Support Group (IFHC) 6:30pm Lung Cancer Group Meeting (FC) 7pm Stronger Body After Cancer (FO 3580-D)	5 11am Gentle Yoga w/Ladan (44084 RP) 1pm Gentle Yoga w/Jenn Fay (FC) 2pm Meditation w/Jenn Fay (FC) 6:30pm Melanoma Group (FC)	6 Coalesce (FC) 10:30am Fitness for Wellness (44084 RP) 1:30pm Mindfulness & Core... (FO 3580-D) 7 8
9 10:30am Fitness for Wellness (44084 RP) 2pm Level II Exercise: Chair-Based (FC) 3pm Level III Exercise: Keeping Fit (FC) 4:30pm Reiki for Relaxation (FC) 5:30pm Reiki for Relaxation (FC) 6:30pm Caregiver Connection (ILH-R) 7pm Caregiver Connection (FC) 7pm Reiki for Relaxation (FC) 7pm Evening Yoga w/ Vicki (44084 RP)	10 10:30am Spirituality Quest (FC) 11am Restorative Yoga w/Ladan (44084 RP) 1pm Elements of Mind-Body (FC) 5:30pm Yoga for Breast Cancer Survivors (FC) 6pm Prostate Cancer Support Group (LCSC) 6pm Brain Tumor Group (FC) 6:30pm Young Women w/ Breast Cancer (IAH-CCW) 7pm Zumba (FC) 7:15pm Good Grief, cont'd. (FC) 7:30pm Prostate Cancer Support Group (FC)	11 1pm Fighting Cancer w/ a Fork (IAH-CCC) 2pm Level II Exercise: Chair-Based (FC) 3pm Meditation & Guided Imagery w/ Micheline (FC) 3pm Level IV Exercise: Fitness Fusion (FC) 5:30pm Head & Neck Cancers Group (IFHC) 5:30pm Breast Cancer Support Group (FO-3580) 6pm Breast Cancer Support & Education (IMVH-CC) 7pm Dancing to Wellness (FC) 7pm Stronger Body After Cancer (FO 3580-D)	12 11am Gentle Yoga w/Ladan (44084 RP) 11:30am Orientation (FC) 1pm Gentle Yoga w/Jenn Fay (FC) 2pm Laughter Yoga (FC) 6:30pm Women's Survivorship Group (ILH-R) 7pm Blood Cancers (FC)	13 Coalesce (FC) 10:15am Restorative Yoga w/ Judi (FC) 10:30am Fitness for Wellness (44084 RP) 12pm Art for Wellness County (ILPO-I) 12pm Living w/ Advanced Disease (IFOH-1) 1:30pm Mindfulness & Core... (FO 3580-D) 14 10am Carcinoid Cancer Group (FC) 10am Cutaneous Lymphoma Support Group (FC) 15
16 10:30am Fitness for Wellness (44084 RP) 6:30pm Lung Cancer Support Group (ILPO-I) 7pm Evening Yoga w/ Vicki (44084 RP)	17 11am Restorative Yoga w/Ladan (44084 RP) 11:45am Multiple Myeloma Group Meeting (FC) 12pm Fighting Cancer w/ A Fork (FO 3580-001) 1pm Level I Exercise: Launching into Fitness (FC) 1pm Elements of Mind-Body (FC) 5:30pm Brain Tumor Support Group (ILH-R) 5:30pm Yoga for Breast Cancer Survivors (FC) 6:30pm Young Women w/ Breast Cancer (FC) 7pm Zumba (FC) 7:15pm Good Grief, cont'd. (FC)	18 12pm Breast Cancer Surgery (FO 3580-001) 2pm Level II Exercise: Chair-Based (FC) 3pm Meditation & Guided Imagery w/Micheline (FC) 3pm Level IV Exercise: Fitness Fusion (FC) 5pm Ask the Expert: Peripheral Neuropathy (FO 3580-CR) 5:30pm Fighting Cancer w/ a Fork (FC) 5:30pm Breast Cancer Support Group (IFHC) 6:30pm GYN Cancer Support Group (FO 3580-CR) 7pm Stronger Body After Cancer (FO 3580-D)	19 11am Gentle Yoga w/Ladan (44084 RP) 1pm Arte Para Salud y Crecimiento (FC) 1pm Art for Wellness & Growth (FC) 1pm Gentle Yoga with Jenn (FC) 2pm Meditation w/Jenn Fay (FC) 3pm Writing Your Memoirs & Life Stories (FC) 6pm Prostate Cancer Support Group (IAH-CCW) 6:30pm San Antonio Breast Cancer Update (FC)	20 Coalesce (FC) 10:15am Restorative Yoga w/ Judi (FC) 10:30am Fitness for Wellness (44084 RP) 12pm Art for Wellness & Growth (FC) 1pm Knitting & Crocheting (FC) 1:30pm Mindfulness & Core... (FO 3580-D) 21 22
23 10:30am Fitness for Wellness (44084 RP) 2pm Level II Exercise: Chair-Based (FC) 3pm Level III Exercise: Keeping Fit (FC) 5pm Breast Cancer Support Group (ILH-R) 6:30pm Advanced Breast Cancer Support Group (ILH-R) 7pm Aprendiendo Juntos (FC) 7pm Look Good...Feel Better (FC) 7pm Evening Yoga w/ Vicki (44084 RP)	24 11am Restorative Yoga w/Ladan (44084 RP) 1pm Elements of Mind-Body (FC) 1pm Level I Exercise: Launching into Fitness (FC) 5:30pm Yoga for Breast Cancer Survivors (FC) 6pm Ped-Onc Parent Night: Mother/Daughter Spa (FC) 6pm Words for Healing... (IAH-CCC) 7pm Zumba (FC) 7:15pm Good Grief, cont'd. (FC)	25 2pm Level II Exercise: Chair-Based (FC) 3pm Level IV Exercise: Fitness Fusion (FC) 4:30pm Reiki for Relaxation (FC) 5:30pm GYN Cancers Support Group (FC) 5:30pm Reiki for Relaxation (FC) 7pm Reiki for Relaxation (FC) 7pm Stronger Body After Cancer (FO 3580-D)	26 11am Gentle Yoga w/Ladan (44084 RP) 12pm Cooking for the Health of It (FC) 1pm Gentle Yoga with Jenn (FC) 2pm Meditation w/Jenn Fay (FC) 6pm Orientation to Life with Cancer (FC) 6:30pm Seminars for Survivors in Transition IV (FC) 6:45pm Reiki (ILH-R) 7pm Spiritual Support Group (CUMC-1) 7:30pm Young Adult Group (FC)	27 Coalesce (FC) 10:15am Restorative Yoga w/ Judi (FC) 10:30am Fitness for Wellness (44084 RP) 12pm Living w/ Advanced Disease (IFOH-1) 1:30pm Mindfulness & Core... (FO 3580-D) 28